

OBH Resource List – July 2021

Prevention Core Competencies

These prevention core competencies and accompanying knowledge, skills, and abilities offer professional direction to the prevention field, affecting staff development and career ladders and pipelines, and providing guidance for training programs and service delivery qualification. Visit the following link to view the publication: <https://store.samhsa.gov/product/Prevention-Core-Competencies/PEP20-03-08-001>

Louisiana Center for Prevention Resources (LCPR)

The Louisiana Center for Prevention Resources (LCPR) is housed on Southern University's campus within the Nelson Mandela College of Government and Social Sciences in the Psychology Department. The LCPR provides training and technical assistance services to the Substance Abuse Prevention Workforce. The LCPR increases capacity, skills and expertise to ensure and/or enhance delivery of effective substance abuse prevention interventions, trainings and other prevention activities. These services are available to youth, communities, professionals, and others in the prevention community. The LCPR offers courses and trainings required for prevention certification and/or licensure. The LCPR also offers specialty trainings that provide knowledge and skills to enhance the capabilities of persons in the prevention field.

<https://www.subr.edu/lcpr>

Prevention Technology Transfer System (PTTC)

The purpose of the Prevention Technology Transfer Center (PTTC) Network is to improve implementation and delivery of effective substance abuse prevention interventions, and provide training and technical assistance services to the substance abuse prevention field. It does this by developing and disseminating tools and strategies needed to improve the quality of substance abuse prevention efforts; providing intensive technical assistance and learning resources to prevention professionals in order to improve their understanding of prevention science, epidemiological data, and implementation of evidence-based and promising practices; and, developing tools and resources to engage the next generation of prevention professionals.

<https://pttcnetwork.org/centers/global-pttc/about-pttc-network>

<https://pttcnetwork.org/centers/south-southwest-pttc/home>

<https://pttcnetwork.org/centers/global-pttc/products-and-resources>

<https://pttcnetwork.org/centers/global-pttc/training-and-events-calendar>

Addiction Technology Transfer System (ATTC)

The ATTC Network is an international, multidisciplinary resource for professionals in the addictions treatment and recovery services field.

Established in 1993 by the Substance Abuse and Mental Health Services Administration (SAMHSA), the ATTC Network is comprised of 10 U.S.-based Centers, two National Focus Area Centers, and a Network Coordinating Office. Together the Network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and the Pacific Islands of Guam, American Samoa, Palau, the Marshall Islands, Micronesia, and the Mariana Islands.

<https://attcnetwork.org/centers/global-attc/about-attc-network>

<https://attcnetwork.org/centers/south-southwest-attc/home>

Louisiana Opioid Data and Surveillance System (LODSS)

The Louisiana Opioid Data and Surveillance System (LODSS) is a tool developed to provide access to health professionals, researchers, and decision makers to understand, analyze, and apply data to statewide opioid abuse reduction efforts. Its goal is to evaluate the impact of programmatic and policy efforts and track the behavior of what is now considered a public health epidemic nationwide. To access LODSS, please visit <https://lodss.ldh.la.gov/>.

Louisiana State Health Assessment (SHA)

Health is more than the absence of illness—it's the whole story of well-being for our minds, bodies, and communities. For this reason, the Louisiana State Health Assessment (SHA) dashboard was built. By assessing the current status of health across the state, we can work together to create plans that improve well-being at every scale. The Louisiana SHA dashboard can be accessed by visiting <https://dashboards.mysidewalk.com/louisiana-state-health-assessment/how-to-use-his-dashboard>.

Office of Behavioral Health – Addictive Disorders Services

Substance use and Related Disorders services are provided statewide by each regional human service district/authority, or through the Healthy Louisiana plans for the Medicaid population. The districts and authorities provide treatment for people suffering from addictions to drugs, alcohol or gambling, as well as support for their families and friends.

According to federal regulations, persons identified as indigent or Medicaid eligible are considered priority populations. Priority admission is given to the following populations: pregnant women who inject drugs, other pregnant women who abuse substances, and others who inject drugs. For these groups, OBH aims to provide addiction services with no or a minimal waiting period. If care is not available to this priority population within 48 hours, the Office will provide interim treatment services as appropriate. Visit the following link to view the listing of levels of care or programs offered for Substance Use and Related Disorders <https://ldh.la.gov/index.cfm/page/95>

Office of Behavioral Health- COVID-19 Information

- Behavioral Health Recovery Outreach Line aims to prevent crises before they occur
 - Louisianans on the verge of a crisis can always find a listening ear through the new Louisiana’s Behavioral Health Recovery Warm Line. By calling **1-833-333-1132**, individuals can find real-time support to avoid, prevent or intercept a crisis from occurring.
 - This pre-crisis phone line as one of its strategies to support the emotional health of Louisiana communities in coping with the stressors of COVID-19.
 - This line offers recovery support facilitated by trained specialists to assist healthcare professionals, persons in recovery from substance use, mental health, serious mental illness or co-occurring disorders. Visit the following link to view more information on the Louisiana’s Behavioral Health Recovery Warm Line.
<https://ldh.la.gov/index.cfm/newsroom/detail/5643>

Office of Behavioral Health – LaSOR 2.0 Grant – Project Echo

The Opioid Use Disorder Medication Assisted Treatment MAT ECHO session is presented by a partnership between the Tulane University School of Medicine, Department of Psychiatry and the Louisiana Department of Health (LDH), Office of Behavioral Health (OBH). Participation is free and all providers interested in learning more about treating Opioid Use Disorder (OUD) with Medication Assisted Therapy (MAT) in their practices are welcome to join.

Project ECHO (Extension for Community Healthcare Outcomes) is a movement, whose mission is to develop the capacity to demonopolize knowledge and amplify the capacity to provide best practice care for underserved people all over the world. The ECHO model links specialist teams at academic ‘hubs’ with primary care clinicians in local communities – the ‘spokes’ of the model. Together, they participate in regular teleECHO sessions, which are like virtual grand rounds, combined with mentoring and patient case presentations. These sessions are supported by basic, widely available teleconferencing technology

that enables providers to join from anywhere using a computer or mobile device. ECHO creates an ongoing learning community where primary care clinicians receive support and develop the skills needed to treat a specific condition in an “all-learn, all-teach” environment.

For additional information, please visit: <https://echo.tulane.edu/>

Office of Behavioral Health- Problem Gambling

A gambling disorder, also known as problem, pathological or compulsive gambling, is gambling behavior which causes disruptions in any major area of life: psychological, physical, social or vocational. It is an addiction characterized by increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences. Visit the link <https://ldh.la.gov/index.cfm/page/1545> to view the information on problem gambling, including:

- Signs and Symptoms of a Gambling Disorder
- Resources
 - List of Treatment Providers
 - The Louisiana Problem Gambling Helpline
 - 1 877-770-STOP (7867)
 - Social Media: Text 1-877-770-STOP
 - Online: Live chat at www.helpforgambling.org
 - Additional Information and Links
 - Frequently asked questions about problem gambling
 - Louisiana Association on Compulsive Gambling (LACG)
 - Gamblers Anonymous
 - Gam Anon- For Families and Friends of Gamblers
 - 2016 Louisiana Study on the Impact of Gambling in Louisiana
- Problem Gambling Resource Services
 - Problem Gambling Resource Services (PGRS) is a program led by the Louisiana Department of Justice, Gaming Division, in partnership with the Louisiana Department of Health, Office of Behavioral Health, to bring awareness to the legal community about problem gambling and the FREE gambling treatment services available for all Louisiana residents. If you think you, a loved one, or a client may have a gambling problem, or would like more information, please visit the link <https://freegamblinghelpla.org/>

Louisiana State Opioid Response 2.0 (LaSOR 2.0) Project

- The Louisiana Department of Health, Office of Behavioral Health in Partnership with the Louisiana State University Health Sciences Center (LSUHSC)- Department of Psychiatry
- Seeking office-based opioid treatment (OBOT) providers within the 10 Local Governing Entities (LGEs)/ regional areas of the state to expand access to Medication Assisted Treatment (MAT) for persons with Opioid Use Disorder (OUD)

- Focus on increased recruitment of OBOTs within Federally Qualified Healthcare Centers (FQHC) and increased access to rural areas, using the Hub and Spoke model.
- Partnership benefits include:
 - Spoke Care Teams (SCT) comprised of a registered nurse (RN) and a licensed mental health professional (LMHP) support OBOT patient services at NO COST to the physician/facility
 - Financial support will be given to the OBOT providers
 - Professional consultations will be available to MAT providers at NO COST to the physician/facility
- Contact LSUHSC for more information:
 - Michelle Hamrick, LCSW, LaSOR Program Manager
 - 504-903-9220
 - mhamri@lsuhsc.edu or LaSOR@lsuhsc.edu

Office of Public Health- Well Ahead- Quit with Us, LA

- Tobacco Quit line 1-800-QUIT NOW
- No single quit tobacco method is right for everyone, but research shows that when you combine quit counseling with medications, you can quit for good. Take a look at the options and pick the type of counseling and medication that works best for you. If you think you, a loved one, or a client may have a tobacco problem, or would like more information, please visit the link <https://quitwithusla.org/act/quit-your-way/>
 - Counseling
 - You can get counseling in many ways that will help. Take a look at these counseling options and choose one that is a good fit for you.
 - Phone
 - Text
 - In-Person
 - Individual counseling
 - Group counseling
 - App
 - Chat Now
 - Medications
 - Nicotine Replacement Therapy (NRT)

Substance Abuse and Mental Health Services Administration (SAMSHA)

- SAMSHA Evidence-Based Practices Resource Center- The Evidence-Based Practices Resource Center provides communities, clinicians, policy-makers and others with the information and tools to incorporate evidence-based practices into their communities or clinical settings. Visit the following link to view Evidence-Based Practices Resource Center. <https://www.samhsa.gov/resource-search/ebp>
- SAMSHA's public messages offer information and videos to support the agency's mission to reduce the impact of substance abuse and mental illness on America's communities. For more information, visit the link: https://www.samhsa.gov/public-messages?utm_source=SAMHSA&utm_campaign=79a5540ca6-SAMHSA_HEADLINES_2021_06_17_1600094&utm_medium=email&utm_term=0_ee1c4b138c-79a5540ca6-168555321.
 - Help Prevent Suicide
 - Know the Risks of Marijuana
 - Know the Risks of Meth
 - Know the Risks of Using Drugs
 - Living Well with Serious Mental Illness
 - Mental Health Treatment Works

- Mental Health Illness and Substance Use in Young Adults
- Resources for Families Coping with Mental and Substance Use Disorders
- The Case for Screening and Treatment of Co-Occurring Disorders

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

- Research Training & Career Development Opportunities by Grant Mechanism
 - Key to understanding the complex world of NIH Funding is mastering the different types of funding mechanisms. This page provides information on the different training and career development grants broken out by their funding mechanism (K, F or T).
<https://www.niaaa.nih.gov/research/research-training-and-career-development/training-opportunities-grant-mechanism>
- Research <https://www.niaaa.nih.gov/research>
 - Major Research Initiatives
 - Extramural Research: Research at Grantee Institutions
 - Intramural Research: Research in NIAAA Labs
 - Guidelines on Conducting Alcohol Research
 - NIAAA's Strategic Plan 2017-2021
 - Underage Drinking Research Initiative
 - Medications Development Program
 - NIAAA Data Archive
 - Alcohol Research Resource (R24 and R28) Awards
- Alcohol's Effects on Health <https://www.niaaa.nih.gov/alcohols-effects-health>
 - Alcohol Basics
 - Alcohol and COVID-19
 - Alcohol and the Brain
 - What is a Standard Drink?
 - Drinking Levels Defined
 - Alcohol Facts and Statistics
 - Binge Drinking
 - Alcohol Use Disorder
 - Alcohol's Effects on the Body
 - Hangovers
 - Special Populations
 - Underage
 - Women
 - Fetal Alcohol Spectrum Disorders
 - College
 - Getting Help
 - Alcohol Treatment Navigator
 - Evaluate Your Own Drinking
 - Treatment for Alcohol Problems: Finding/ Getting Help
 - Order Publications- Free printed copies of selected materials
 - Where to find nationwide trends and statistics
<https://www.drugabuse.gov/publications/media-guide/resources>
 - Monitoring the Future (MTF)
 - National Survey on Drug Use and Health (NSDUH)
 - Treatment Episode Data Set (TEDS)
 - National Drug Early Warning System (NDEWS)
 - Youth Risk Behavior Survey (YRBS)
 - CDC's WONDER
 - Opioid State Summaries

Prevention- Crisis and Self-Care Lines

National Suicide Prevention Lifeline

1-800-273-8255 (TALK) or Text HOME, REACHOUT, or FRONTLINE to 741741. Veterans can call 1-800-273 TALK (8255) and Press1, or text to 838255. The Lifeline provides 24 hours a day, 7 days a week, 365 days a year free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. For more information on the National Suicide Prevention Lifeline and how to help yourself or someone else, see <http://suicidepreventionlifeline.org/>

VIA LINK's Crisis Teen Text line 504-777-3273 OR 504-777-EASE is primarily meant to serve youth ages 13-22 throughout the state of Louisiana experiencing emotional distress.

Trevor Project is a confidential resource that provides live help for LGBTQ youth with a trained specialist over text messages. **Text START to 678-678.** You can also call the **TrevorLifeline** which is available 24/7 at **1-866-488-7386**

Call the Keep Calm Through COVID helpline at **1-866-310-7977** at any time, 24 hours a day, and seven days a week. All calls are confidential. **This line is for counseling only**

Behavioral Health Recovery Outreach Line 1-833-333-1132. Trained specialists are on call 24/7/365 to provide assistance when someone is having a tough day, to a person who has self-identified the warning signs of mental or emotional changes, to relapse prevention and support.

"Conquer COVID-19 Together" <https://conquercovid19.la/#> This site provides information on for children & families, coping/managing mental health, crisis counseling, first responder & healthcare providers, grief, anger, stress, crisis helplines, crisis text line, and local community contacts. This site will also provide survivors with information and education about typical reactions, helpful coping strategies and available disaster related resources to meet emerging and ongoing social wellbeing and emotional care.

Louisiana 211 – 2-1-1 is a free helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1 in any state, including Louisiana, simply dial the numbers 2-1-1 from any phone.